Monday, August 18, 2014

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AFTER THREE WEEKS AND SEVERAL ROBO-BOOTY SHAKES, HITCHBOT'S CROSS-COUNTRY JOURNEY FINISHES UP IN VICTORIA PAGE 10

Rugby final ends in loss for Canada

Women's team got to the World Cup finals for the first time, but couldn't beat England PAGE 21

No RRSP cash? Cut the coffee

Gail Vaz-Oxlade has nine places you probably haven't looked for dough, including at the bottom of that non-fat, no-whip latte PAGE 15

'There's no closure'

Mother of policeman who took his own life still hasn't been able to read her son's suicide note, which was taken by investigators five months ago PAGE 3

NEWS WORTH SHARING.

THIS AIN'T A LOVE SONG

Argonauts fan David Knott burns Bon Jovi CDs in downtown Toronto Sunday prior to the Argos' CFL game against the B.C. Lions. About 15 diehard fans gathered ahead of the game to protest the idea of lead singer and prospective Buffalo Bills owner Jon Bon Jovi moving the NFL's Bills to Toronto — fearing it'll mean the end of their beloved Argos. For the story, see page 22.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Feds urged to deny rights to 'anchor babies'

Immigration. Infants born to non-citizens wouldn't get citizenship rights under proposal, though report shows number of cases doesn't justify reform costs

Immigration officials have recommended that Ottawa remove citizenship rights to babies born in Canada to non-citizens and non-residents, even though the small number of cases doesn't justify the costs.

The proposal, marked "secret" and with inputs from various federal departments, found fewer than 500 cases of children being born to foreign nationals in Canada each year, amounting to just 0.14 per cent of the 360,000 total births per year in the country.

The issue of citizenship by birth on Canadian soil once again raises concerns among critics over the current government's policy considerations being based on ideologies rather than evidence and objective cost-benefit analyses.

"An impartial observer would conclude that the evidence supports no need for change, given the small number of cases. Yet the recommendation supports the government's public rhetoric and anecdotes on the need for change," said Andrew Griffith, a former director general for citizenship and multiculturalism at Citizenship and Immigration Canada.

The Conservative government overhauled the Canadian Citizenship Act earlier this year by further restricting eligibility. However, the "birth on soil" provision was left intact and required further studies.

"Eliminating birth on soil in order to ensure that everyone who obtains citizenship at birth has a strong connection to Canada would have significant cost implications," said the 17-page report prepared for former immigration minister Jason Kenney, obtained under an access to information request.

"The challenge of communicating this change would be convincing the public that restricting the acquisition of Canadian citizenship is worth that cost, particularly in a climate of deficit reduction."

The office of Chris Alexander, Kenney's successor, confirmed with Torstar News Service that the government is still reviewing citizenship policy with regard to the issue of "birth tourism" — a term referring to foreigners travelling to give birth in Canada so the baby can claim automatic citizenship here. Dubbed "anchor babies," these children are eligible to sponsor their foreign parents to Canada once they turn 18. It is unknown how many of them actually return to their birth country with their parents, but it's believed the number is low.

"Canadian citizenship is an honour and a privilege, and our Conservative government is committed to increasing its value. Birth tourism undermines the integrity of our citizenship program," said a spokesperson for Alexander.

TORSTAR NEWS SERVICE

Other countries

Currently Canada and the United States are the only countries to have birth on soil provisions. The United Kingdom, Australia, New Zealand and most European countries restrict citizenship by birth on soil to children born to parents who are either citizens or permanent residents.

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Months after cop's suicide, mom still seeks answers

Interview. Constable's suicide note, belongings have been withheld from his family

The grieving mother of a Toronto police officer who took his own life in March is still desperate to read her son's suicide note, taken by investigators, five months later.

Clinton Cibulis, a Toronto police constable at 14 Division, hanged himself at home on March 16, four days after his 34th birthday.

It was a Sunday. He had been temporarily suspended from work on Friday, allegedly for harassing a female officer, according to his mother, Lynda Cibulis.

In an interview with Torstar News Service, Cibulis said police at the scene of her son's death seized his personal computer, his cellphone and the suicide note, none of which she has been allowed to see.

Cibulis said the Toronto police have withheld her son's belongings from her — and with them, the answers she has been seeking.

"Maybe the guilt will be gone," Cibulis said. "You feel guilty because you didn't realize what was going on and he didn't come to you for help."

Police were still in possession of the items until as recently as July 23, when, four months after her son's death, the investigating coroner issued a warrant to police to hand them over to his office, as well as a video the constable made on the night of his dismissal.

Toronto police officer Const. Clinton Cibulis, 34, committed suicide in March, but his family is still barred from seeing his suicide note. CONTRIBUTED

Quoted

"Everything's been so hush-hush, I don't know what's going on. Something isn't right that after five months there's no closure." Lynda Cibulis

Coroner Dr. James Edwards is investigating what happened at the police station that night, with particular attention to the decision to suspend Cibulis.

It's a decision the officer's mother has been obsessing over for months.

With the coroner's seizure of her son's belongings, Cibulis can now file a written request for their return — along with a copy of the coroner's report, when it becomes available sometime in the next four months.

Until then, Cibulis remains in the dark about her son's death.

"It's not fair," she said. "He wrote a suicide letter and I haven't seen it. We haven't even got his computer back."

While the coroner's investigation so far has not indicated anything other than suicide by hanging, Edwards said, Cibulis alleges that police protocols failed her son that night and continue to fail him today.

"They shouldn't have taken away all his dreams and hopes for the future away on a Friday evening and left him completely alone," Cibulis said. "He should have got some kind of treatment."

Edwards told Torstar that coroner's investigations can take four to nine months to complete, adding that he cannot comment directly on the Cibulis case.

"But we are investigating," he said. TORSTAR NEWS SERVICE

Response

Force stays tight-lipped

The Toronto Police Service's professional standards division, tasked with ensuring ethics and public confidence in the force, declined to comment on the protocols in place around officer suspensions and referred all questions to Toronto police spokesman Mark Pugash.

Pugash declined to say whether Const. Clinton Cibulis was offered any counselling or support at the time of his suspension. Other officers later told Cibulis's mother that her son repeatedly threatened suicide when he was told of the looming reprimand, she said.

Pugash would not comment on why police would withhold an officer's personal belongings for months after his death.

"We have been in touch with his mother; we have answered all her questions," Pugash responded to all subsequent Torstar questions.

Toronto Police Association spokesman Mike McCormack said the union has an employee assistance program to help employees overcome addiction and mental health issues via outside referrals, but has no program to respond to immediate employee emergencies.

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Sand Wars: Sculpting a galaxy far, far away

'Super excited'. Burlington sculptor creating a 100-tonne sand version of the 'throne room' scene from The Empire Strikes Back at the CNE

Karen Fralich, a professional sand sculptor who has been active for 20 years, works on a massive Star Wars sand sculpture on Sunday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Most people leave the sandbox behind when they grow up, but Burlington resident Karen Fralich has managed to turn building sandcastles (and sand people and sand animals) into a full-time job.

Fralich, a five-time sand-sculpting world champion, has been a professional sand sculptor for the last 20 years.

Her most recent masterpiece is a 100-tonne sand version of the "throne room" scene from the Star Wars film The Empire Strikes Back that she's working on at the CNE. When finished, it will include Jabba the Hutt, Princess Leia and Han Solo, all made out of sand trucked in from a local quarry.

"I've enjoyed every single sculpture I've ever done here, but this one I'm super excited about," she says, taking a break from carving out the side of C-3PO's head.

Behind her is a brown blob that will soon come to life as a space villain.

"I can't wait to get working on Jabba," says Fralich, who "absolutely worshipped" Star Wars as a child growing up near Guelph.

It's her 11th year working on a sand sculpture at the CNE. She works for a company in California called Sandscapes that sends her on sand-sculpting missions at fairs, festivals and beaches around the world about a dozen times a year.

CNE-goers like Martha Bouchier, who calls the sandy Star Wars tableau "gorgeous," wonder how Fralich got such a gig.

"How do I get that job? I'm pretty good at it," says Bouchier with a laugh.

Fralich says she always loved art but thought that it would only ever be a hobby.

After dropping out of engineering school, she was introduced to a veteran sand sculptor and helped with a small sculpture of a barn for a mall in Milton.

"The rest is history," she remembers.

"It was like an epiphany. Oh my God, this is amazing, how do I do this?"

TORSTAR NEWS SERVICE

October heat wave, November rain

Early frost warnings and a late heat wave will make for fickle fall weather in Southern Ontario this year.

That's the prediction of senior meteorologists from forecasting service Accuweather.com as the days become shorter and leaves begin to change colour. The temperature in September is expected to be slightly cooler than normal, with a risk of frost hitting areas north of Toronto before the month is over.

Despite the less-than-optimistic outlook, a late surge of warm weather in October, also known as an Indian summer, is expected to give Southern Ontario one last blast of heat before heading into what is expected to be a colder- and wetter-than-normal November.

"It's going to be an up-and-down fall across Southern Ontario," said Brett Anderson, a senior meteorologist with Accuweather.com.

He said areas north of Toronto will likely see drier-than-normal conditions.

TORSTAR NEWS SERVICE

Cold end of the stick

A weak El Nino system, which hasn't been officially declared, is expected to create slightly colder than normal conditions for Ontario this winter, while Western Canada could see warmer than normal temperatures.

A woman walks her dog along the boardwalk in the Beaches. According to forecasting service Accuweather.com, Torontonians can look forward to a heat wave in October. DALE BRAZAO/TORSTAR NEWS SERVICE FILE

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Syrian government warplanes strike Islamic State stronghold

Raqqa. Air raid includes at least 25 strikes, killing at least 11 in northeastern Syria, says human rights group

Buildings damaged during battles between Syrian troops and rebels stand along an empty street in Mleiha, some 10 kilometres southeast of downtown Damascus, Syria. THE ASSOCIATED PRESS

Syrian government warplanes pounded an Islamic State group stronghold as well as other towns controlled by the extremists, conducting a wave of airstrikes Sunday that killed at least 11 people, activists said.

For more than a year, President Bashar Assad's air force rarely targeted territory controlled by the Islamic State group in northern Syria, instead focusing on mainstream rebel groups. But government jets have begun hitting the extremists more regularly since the jihadis overran much of neighbouring northern and western Iraq in June.

Even in that context, the intensity of Sunday's air raids appeared unusually high, with at least 25 strikes hitting the group's stronghold of Raqqa in northeastern Syria, the Britain-based Syrian Observatory for Human Rights said.

Observatory director Rami Abdurrahman said 14 of those raids targeted a military court and other buildings used by the group.

Abdurrahman said at least 31 Islamic State members were killed in Raqqa, and around 40 wounded. He said there were an additional 22 civilian casualties, but he didn't have an exact breakdown of the dead and wounded.

The Local Coordination Committees, an activist collective, also reported the airstrikes on Raqqa, but put the death toll early in the day at 11.

Differences in casualty figures are common in the immediate aftermath of attacks in Syria.

Both activist groups also reported government airstrikes on Islamic State-controlled areas in Deir el-Zour province bordering Iraq and Aleppo province bordering Turkey, including the towns of Akhtarin and Dabiq.

THE ASSOCIATED PRESS

Gaza. Truce set to expire, Palestinians divided

Palestinians appeared divided Sunday as the clock was winding down on the latest Gaza ceasefire, with officials saying Hamas was still opposed to a compromise Egyptian proposal that would ease the closure of the territory, while other factions, including delegates representing President Mahmoud Abbas, were inclined to accept.

Hamas officials said they were holding out in hopes of getting more concessions in the Egyptian-mediated talks.

With a temporary truce set to expire late Monday, a range of outcomes remained possible, including a return to fighting that has brought great devastation to Gaza, an unofficial understanding that falls short of a formal negotiated deal or yet another extension in negotiations. The negotiations are aimed at ending the latest war between Israel and Hamas-led militants in Gaza.

THE ASSOCIATED PRESS

Islamic State extremists

Kurdish forces retake parts of Mosul Dam, Iraqi official says

Kurdish forces took over parts of Iraq's largest dam on Sunday less than two weeks after it was captured by the Islamic State extremist group, Kurdish security officials said, as U.S. and Iraqi planes aided their advance by bombing militant targets near the facility.

The U.S. began targeting Islamic State fighters with airstrikes a little over a week ago, allowing Kurdish forces to fend off an advance on their regional capital Irbil.

The Kurdish forces launched the operation early Sunday to retake the Mosul Dam, Gen. Tawfik Desty, a Kurdish commander, said.

He said his forces now control the eastern part of the dam and that fighting is still underway.

The dam supplies electricity and water for irrigation to a large part of the country. THE ASSOCIATED PRESS

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A popular attraction in Maui is is the Road to Hana. It features lush tropical rainforests, beautiful waterfalls and ancient ruins.

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Flights + 7 Nights — $1669
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People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'
Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street. Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson Police Department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Ukraine. Army troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

THE ASSOCIATED PRESS

Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.

Ebola spread feared after 'looting spree' at Monrovia clinic

Liberia's capital. Quarantine centre, for patients suspected of Ebola virus, raided by residents of slum

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia.
ABBAS DULLEH/THE ASSOCIATED PRESS

The residents took medical equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood, vomit and excrement, said Richard Kieh, who lives in the area.

The incident creates a new challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Distrust of government runs high in West Point, with rumours regularly circulating that the government plans to clear the slum out entirely.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. THE ASSOCIATED PRESS

United Kingdom

Scotland divided on independence, opinion polls show

One month before a referendum, two opinion polls show that Scotland's voters are narrowly divided on whether to leave the U.K.

Sunday's published polls both found that a majority of decided voters want Scotland to stay within the U.K. THE ASSOCIATED PRESS

Oralndo, Fla.

SeaWorld vows to make changes

After more than a year of public criticism of its treatment of killer whales, SeaWorld said Friday that it will build new, larger environments at its theme parks and will fund additional research on the animals along with programs to protect ocean health and whales in the wild. THE ASSOCIATED PRESS

Protests. Cricketer-turned-politician demands Pakistani PM step down

A Pakistani cricketer-turned-politician on Sunday called on thousands of anti-government protesters to stop paying taxes and practise civil disobedience until Prime Minister Nawaz Sharif steps down, raising fears of instability in the nuclear-armed U.S. ally.

Imran Khan, who heads Parliament's third largest bloc, made the announcement at a rally in the capital calling for Sharif to step down over alleged voting fraud in the May 2013 election, the first democratic transfer of power in a country with a long history of military dictatorships.

Khan also warned that his supporters would take over Parliament if Sharif does not resign within two days.

"We decide today that we will not pay taxes to his illegitimate government; we will not pay electricity bills, gas bills," Khan said to a charged crowd estimated at 10,000 to 15,000 people. "I urge all the traders to stop paying taxes."

Khan and cleric Tahir-ul-Qadri, a dual Canadian citizen with a wide following who spends most of his time abroad, have mounted twin protests that have brought thousands of people into the streets in Islamabad.

They accuse Sharif of rigging the election that brought him to power.

Finance Minister and Sharif ally Ishaq Dar called Khan's move unconstitutional, and Information Minister Pervaiz Rashid called the demand a "joke." But both ministers told SAMAA TV that their government was ready to negotiate with Khan over his demands for electoral reforms within the constitutional framework.

Sharif has given no indication he intends to step down. THE ASSOCIATED PRESS

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Cross-Canada trek ends in Victoria for plucky robot

hitchBOT. Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery on Aug. 21 in Victoria.

hitchBOT, who was created by Ontario communications professors Dr. David Smith and Dr. Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO

Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS

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Does your pension plan work for you?

HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

It's time to wise up! At the very least, you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan
A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan
These plans combine contributions from the employee and the employer. While only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10 to make them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP
These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan
Created in 2012, these are employer-sponsored, but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.

Mountain resort

Whistler Blackcomb posts Q3 increases in revenue, visits

The Chateau Whistler lies in the background during Red Bull Joyride action at Crankworx in Whistler, B.C., Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to $10.2 million and increased its revenues, noting the recent ski season had challenging conditions.

The ski resort company had a loss of 15 cents per diluted share, down from a loss of $12.2 million, or a loss of 19 cents, in the same quarter last year.

Revenue was up 16 per cent to $34.5 million. Revenue per visit was $87.81, up 3.1 per cent.

Whistler Blackcomb Holdings says total visits in the quarter were 393,000, up 13 per cent year-over-year. The increase in visits for the three months ended June 30, 2014, was mainly due to the timing of the Easter holiday.

Whistler Blackcomb is the largest four-season mountain resort in North America. THE CANADIAN PRESS

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HEY, CHOW! TRY BEING PROGRESSIVE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

A year ago, before Toronto's mayoral campaign had even started, polling firm Forum Research released poll results showing that Olivia Chow was going to be really hard to beat. In a multi-person match-up pitting her against Mayor Rob Ford, John Tory and Karen Stintz, Chow scored 39 per cent, with 12 points separating her from her closest competitor.

But that was then. A recent Forum Research poll put her at just 25 per cent: 10 points behind Tory and in a statistical dead heat with Ford.

So, um, what happened?

Some of this, I'm sure, can just be chalked up to the vagaries of polls. I hear they're wrong sometimes. But it isn't just the one poll showing that Chow has lost some momentum — her decline has been observed by a few of them.

Anecdotally, I'm hearing less enthusiasm about her candidacy from the kind of downtown progressives that should be fired up about the Chow for Mayor push. .

That should be a big concern for Chow and the army of people working to put her in the mayor's office. It might be time for a campaign retooling. Here's what I'd suggest:

First, Chow needs to embrace her role in this race as the progressive candidate. The Tory camp loves to label Chow as the "NDP candidate" as if that's an insult, but Chow shouldn't run from her roots. People knew she was an NDP member when she was dominating the early polls. It didn't hurt her. And why would it? Historically, the NDP has been pretty darned popular in Toronto.

Chow should leverage that, and back it up with real progressive policies. Up until now, her campaign has been handcuffed by an ill-advised promise to stick to residential property tax increases around the rate of inflation. It's put Chow in the odd position of arguing both that the city has underinvested in elements such as transit and child care, and also that the city doesn't need to increase its revenue to fix that underinvestment.

It makes for bad math. And bad math shouldn't win elections.

If Chow believes an enhanced program, a new service or a new subway line will make Toronto a better place to live, she should be prepared to talk about how she'd pay for those things – and even how she'd pay for them if the provincial and federal governments don't pony up some new money.

In short, to regain momentum in this race, Olivia Chow should take the radical step of being Olivia Chow: the left-wing, NDP-orange Olivia Chow who was so popular in hypothetical polls last year; the same Olivia Chow who was once anointed as the progressive replacement for Rob Ford.

I haven't seen that Olivia Chow much lately.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Whatever floats is your boat

Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM

That's way too much pop

The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

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In this issue, you can find AR enhancements on page 13 in Scene and page 21 in Sports.

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MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: It's Monday, and odds are good that you're not where you'd really like to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now and, if that's the case, we apologize for bringing that up. But, come on, look at how damned cute that thing is. (Michael Borthwick/YouTube)

THE ASSOCIATED PRESS FILE

metro

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Ebooks

Riddle of the Black Cat

By. J.W. Rinzler

iBooks/Kindle

MIND THE APP
Kris Abel
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Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's The Expendables 3 was easily out-gunned in its debut. The turtles took in $28.4 million in its second weekend. That surpassed the fourth place $16.2 million earned by The Expendables 3. The Guardians of the Galaxy came in second with $24.7 million. Let's Be Cops took third spot. **THE ASSOCIATED PRESS**

Bringing Diana Gabaldon's Outlander world to life

Long time coming.
Writer always worried about her work getting screen treatment, until she met the producer of Battlestar Galactica

RICHARD CROUSE
scene@metronews.ca

Caitriona Balfe and Sam Heughan star in the TV adaptation of Outlander, premiering Aug. 24 on Showcase. CONTRIBUTED

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part Outlander series.

The former academic-turned-bestselling-author writes thick books that Entertainment Weekly describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first Outlander book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"Outlander is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Enter Battlestar Galactica producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire because she was intelligent and strong; very capable and interesting."

He saw Outlander not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

AUGMENTED REALITY

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J-Law looks across the pond and finds Chris Martin

NED EHRBAR
Metro World News in Hollywood

This was certainly … unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy.

It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a:) Would compensate me for my services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

Beyoncé and Jay-Z.
ALL PHOTOS: GETTY IMAGES

Demi dishes on Twitter drama with Selena

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfollow heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart."

You hear that, Gomez? You've changed. Ball's in your court.

Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping $1,500 a year. Brew your coffee at home for the drive in and switch to tea later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill.

4. Increase deductibles. Would you really make a claim on your car insurance for under $1,000? Do you know what that would do to your premiums. Raise your deductible to $1,000 and watch your premium drop. Also, combine your home and auto insurance and save up to 15 per cent.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage. When you do, you make the equivalent of one extra monthly payment every year, which could save you four year's worth of interest.

6. Grab the education savings grant. When you invest in a Registered Education Savings Plan, the federal government gives you money to help with your child's education. If you put $2,500 in the plan, the feds will add $500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a $3,000 contribution to an RRSP, the taxman will refund you $900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster

Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than $25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. – *Lesley-Anne Scorgie*

To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked $100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost $1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing $3,500 by December, which is a $12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing $50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:
In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $103,000
- Homework from last month: Set up their daughter's RESP and change their investment holdings

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

• Monthly rent has become a mortgage payment;
• Property taxes, home insurance and condominium fees have been added, and;
• They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately $350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third toward savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay $200 per month. The simple act of taking control of their debt repayment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is $20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:
Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $5,600
- Homework from last month: Create a list of home improvements and a revised budget

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Put pen to paper or take a pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

ETHAN ROTBERG
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life.

Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

Straight to school

Sarrah Young. CONTRIBUTED

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Why did you choose the path you took?

I had no idea what I wanted to do. I thought going straight into post-secondary school would help me figure it out.

What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Andrew James. CONTRIBUTED

Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."
Sarrah Young

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Why did you choose the path you took?

I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult.

On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI GANDHI
Metro World News

Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book The 20-Something Guide to Getting it Together.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers.

Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

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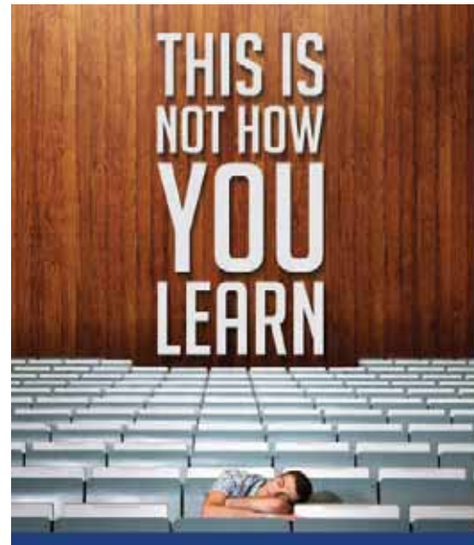

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Dress up salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbecue this healthy dish

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Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

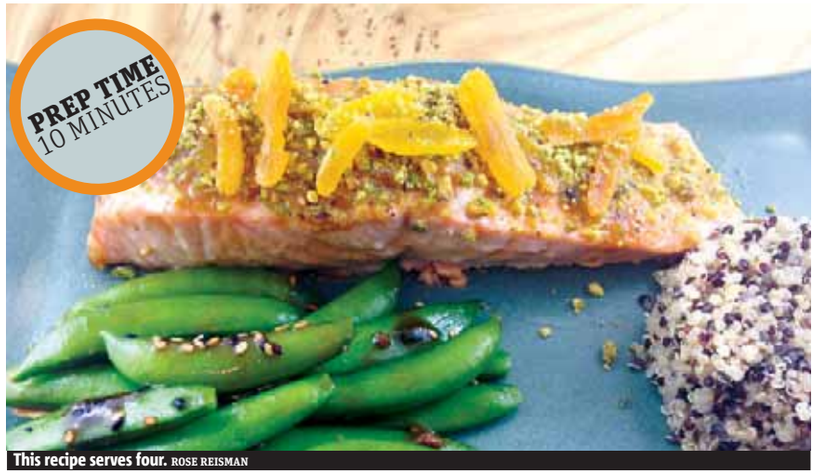
Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.



This recipe serves four. ROSE REISMAN

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots

Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

3. Spread apricots over top of the fillets. Serve with remaining glaze.

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Breeders' Stakes

Taking outside chance pays off for Ami's Holiday

Ami's Holiday couldn't find a clear path to the winner's circle in the Queen's Plate or the Prince of Wales Stakes, so he got another chance in the Breeders' Stakes.

Under a clean ride from jockey Luis Contreras on Sunday afternoon, Ami's Holiday cruised by horses on the outside to win the $500,000 final jewel of the Canadian Triple Crown.

Second to Lexie Lou in the Queen's Plate on polytrack and third to Coltimus Prime in the Prince of Wales on dirt, Ami's Holiday validated trainer Josie Carroll's confidence by winning on the turf course at Woodbine Race Track.

THE CANADIAN PRESS

Luis Contreras guides Ami's Holiday to victory on Sunday. MICHAEL BURNS/HANDOUT

LPGA championship

Park retains title after playoff win

South Korea's Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

Park finished with a 2-under 70 to match Lincicome at 11-under 276.

THE ASSOCIATED PRESS

Tackled in the final, but heads held high

Best finish. At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't score, then it's almost impossible. It's not a question of passion or heart. It's just a question of (the reality that) in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle," Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it after finishing as runner-up to New Zealand in the last three tournaments.

THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.

metro AR → See the full instructions on Metro's Voices page.

4 SPORTS

Gillaspie slam clips Jays' wings

MLB. White Sox send birds spiralling down to their 11th loss in their last 15 games

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven decisions.

"It was just through the hands with two strikes and put it in play hard," Gillaspie said. "You know sometimes you get them up in the air, sometimes you miss them.

"It was definitely a good jump-start to the game."

Toronto's Edwin Encarnacion hit a two-run homer, his 27th this season and first since returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race. THE ASSOCIATED PRESS

White Sox second baseman Gordon Beckham forces out the Blue Jays' Melky Cabrera to start a double play on Sunday. ANDREW A. NELLES/THE ASSOCIATED PRESS

Bon-fire Jovi. Rock star's bid to buy Bills sparks CD burning by Argos fans

About 15 diehard Argos fans brought a handful of CDs and some lighter fluid, hoping to send a message to prospective Buffalo Bills owner and rock legend Jon Bon Jovi.

Led by local fan David Knott, the group set fire to CDs of the rocker's music in a parking lot before Sunday night's Argos-Lions game at the Rogers Centre.

"I like my Jon Bon Jovi CDs, but I like the Argos better," Knott said as he began to burn the discs.

Knott said he was inspired by a YouTube video and decided last Wednesday to open a Facebook page — No NFL in Toronto Bon Jovi, we love our Canadian football — asking fans to gather to show their support. "We just want Bon Jovi to hear this, because everyone knows if the NFL comes to Toronto it will be the end of the Argos," Knott said. TORSTAR NEWS SERVICE

Get the score

Go to metronews.ca for the result of Sunday night's game.

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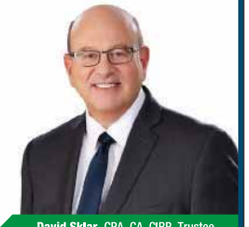

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus
April 21 - May 21
Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini
May 22 - June 21
Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer
June 22 - July 23
Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo
July 24 - Aug. 23
Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo
Aug. 24 - Sept. 23
Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra
Sept. 24 - Oct. 23
Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

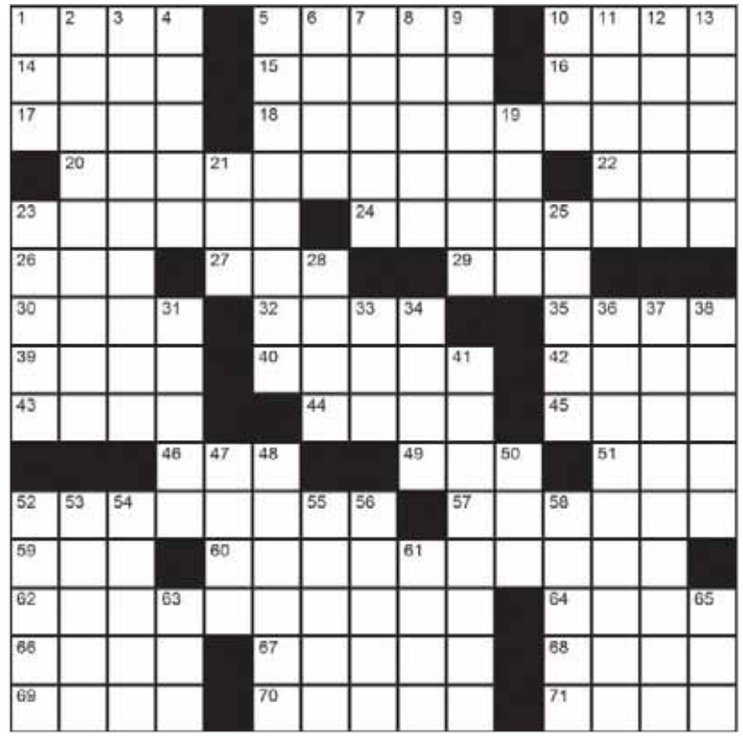
♐ Sagittarius
Nov. 23 - Dec. 21
Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn
Dec. 22 - Jan. 20
Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces
Feb. 20 - March 20
You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

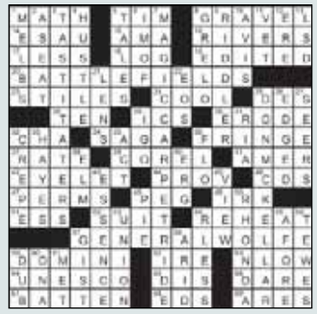
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Embassy diplomats, briefly
5. Nice deed, __ __ kindness
10. Feedbag fillings
14. Great Big Sea's "__-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. __ __ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___-__ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '_' __ in Elmira
49. YMCA, e.g.
51. Frying __
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE = Canadian National __
62. __-__ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?
70. Cake-candle countees
71. Illusionist, archaically

Down
1. La Isla Bonita line: "Te dijo te __."
2. __ __ Prize for 'Fortississimo' is shortened __ '__ _'." ...said the music instructor
12. Crook
13. Six: German
19. "It should come __ __ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic __, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's "__ Comes Mary"
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et __
56. Actor Henry
58. "__ '__ Up Style (Oops!)" by Blu Cantrell
61. Max __ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price Fiction
3. Communication __ by Chilliwack
4. Captain Benjamin __, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles
6. __ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	8						5	9
	1			4			8	
		4	2		8	6		
			7		4			
4								7
			5		3			
		1	3		5	2		
	2			7			3	
5	9						7	6

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

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